



Navy Environmental Health Center  
*Ensuring Navy and Marine Corps readiness  
through leadership  
in prevention of disease and promotion of health*

# Sexual Health and Responsibility Program (SHARP)



## SHARP Leader's Guide

June 2001

Navy Environmental Health Center  
Directorate of Health Promotion and Population Health  
Sexual Health and Responsibility Program (SHARP)  
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## Why Promote SHARP?



### The Problem

Sexually Transmitted Diseases (**STDs**), including HIV, have a major public health impact. Globally, an estimated 333 million new cases of STDs occur each year among adults – 15.3 million in the United States alone. Of the top ten infections in the U.S., five are STDs. Syphilis, chlamydia and gonorrhea are among the 10 most frequently reported communicable diseases among active duty Sailors and Marines from 1990-1999. Self reported prevalence of STDs, while low, is higher in the Navy than the other services.

The Centers for Disease Control and Prevention (CDC) estimates that 1 in 300 Americans are infected with **HIV**, and suggests the incidence of AIDS to be increasing 5% per year overall, with an increase of 15% each year for heterosexual transmission. In 2000, 30% of newly HIV infected Americans were women. Over 4,600 active duty Sailors and Marines have been infected with HIV. Only 407 of them remain on active duty.

The direct medical **costs** of STDs and HIV treatment in the U.S. is an estimated \$17 billion per year. HIV infection treatment costs can average over \$20,000.00 per person per year.

In 1996, almost two-thirds of the **pregnancies** among Navy enlisted women were unplanned. Unplanned pregnancy impacts force availability and is serious and costly. The costs can be measured not only in dollars but also in many social aspects such as reduced educational attainment and employment opportunity for the mother. With unintended pregnancy, there is increased likelihood of child abuse and neglect. There is also increased likelihood of infant and maternal illness and an increased likelihood of abortion.

A 1999 HIV needs assessment of military active duty personnel by the Center for Health Policy Studies found that unprotected sex on deployment was identified as a potential problem among 77%, 75%, 64% and 59% of the Navy, Marine Corps, Army and Air Force respondents, respectively. Unprotected sex after deployment was identified as a potential problem for 74%, 75%, 71% and 53% of the Navy, Marine Corps, Army and Air Force respondents, respectively. Noteworthy was the 13% of male Marines in the rank of E-1 through E-4 who reported their perception of being at **very high or high risk** for infection with HIV with 5%, 6% and 2% for the Army, Navy and Air Force counterparts, respectively.

Condom use at last encounter among sexually active unmarried active duty personnel was 42% for all of DoD with Navy personnel lowest of the military services at 39%. These rates are lower than Healthy People 2010 objective of 50%. Further, more than half of all military personnel who had one or more casual partner used condoms inconsistently if they used them at all.

## SHARP Supports Navy Medicine and Mission Effectiveness



### Navy Medicine

**Mission:** Support the deployment readiness of the uniformed services.

Promote, protect and maintain the health of all those entrusted to our care, anytime, anywhere.

**Vision:** Superior readiness through excellence in health services.

**Goal:** Force Health Protection: Minimize casualties through effective prevention and Surveillance.

**Objective:** Personnel are monitored and protected from preventable or predictable disease and injury.



### USMC SEMPER FIT

**Mission:** Encourage and support healthy lifestyles resulting in increased productivity, reduced medical costs, and greater combat readiness.

**Element: STD and HIV Prevention:** Provide annual training programs that focus on modes of transmission and prevention of STDs and HIV.



### Navy Environmental Health Center (NEHC)

**Mission:** Ensure Navy and Marine Corps readiness through leadership in prevention of disease and promotion of health.

**NEHC Health Promotion and Population Health Goal 1:** Serve Navy Commands worldwide as subject matter experts and provide program manager support for specific Navy health promotion elements and related prevention initiatives, including sexual health and responsibility.



### NEHC SHARP

**Mission:** Provide DoN members and family members with health information, education, and behavior change programs for the prevention of sexually transmitted diseases, including HIV, and unplanned pregnancy.

**Vision:** A DoN cultural norm in which sexual responsibility and safety is encouraged, supported, and expected, and a population in which all pregnancies are planned, Syphilis is eliminated, and other STDs, including HIV are prevented.

**Goal:** Reduce the occurrence of HIV, STDs and unplanned pregnancy among DoN members beneficiaries to levels specified in the Healthy People 2010 Objectives.

### **Objectives**

- Provide information and education programs on the prevention of HIV -STDs.
- Implement programs that promote positive behavior change and responsible decision-making regarding human sexuality.
- Design programs targeting those persons whose behavior puts them at high risk of infection, such as patients in STD clinics, persons referred to drug and alcohol treatment programs, and family planning clinics.
- Provide programs for health-care personnel to assess patients' understanding and risk behaviors and effectively communicate this information to patients.

## **Governing Directives**

Department of Defense Directive 6485.1 with Administrative Reissuance Incorporating Change 1, August 10, 1992. This is the DoD's policy, responsibilities and procedures on identification, surveillance, and administration of civilian and military personnel infected with HIV-1.

Assistant Secretary of Defense, Health Affairs Memorandum dated October 6, 1998, sets policy for Pre- and Post- deployment health assessments and blood samples including screening for HIV infection.

SECNAV INSTRUCTION 5300.30C establishes the Department of Navy's (DON) policy on identification, surveillance, and administration of military members, applicants and health care beneficiaries infected with HIV-1.

SECNAV NOTICE 5300 defines the Department of the Navy policy regarding HIV/AIDS training which among other things, requires commands to conduct a minimum of 1-hour HIV/AIDS prevention education each calendar year for all military personnel.

SECNAV INSTRUCTION 12792.4 provides the Department of the Navy policy and guidance concerning HIV and related illnesses in the civilian workforce.

NAVMEDCOM INSTRUCTION 6310.2 establishes requirements for the education of several patient categories concerning HIV and AIDS and directs that information concerning HIV and AIDS be provided during orientation of all reporting personnel at Naval Medical Command activities. Specific educational counseling must be provided to the following patient categories: Clinics treating patients with STDs, prenatal clinics, alcohol and drug rehabilitation units, and all new personnel.

BUMED Instruction 6222.10A provides current guidelines for treatment and prevention of sexually transmitted diseases (STDs).

MARINE CORPS ORDER P1700.29 defines the Marine Corps Semper Fit Program which includes HIV/STD prevention as a Health Promotion core element and requires HIV/STD education annually. Additionally, this order requires basic/technical training programs and professional level training programs for officers and enlisted have targeted education regarding STD and HIV transmission and prevention.

SECNAV INSTRUCTION 1000.10 provides Department of Navy policy for all military personnel on pregnancy and issues related to pregnant servicewomen including, but not limited to, thorough family planning information to be made available to servicemen and servicewomen through the training establishment and at the unit level.

BUMED Notice 6320 dated 26 October 99 provides requirements for the Annual Health Maintenance Examination for all female beneficiaries including counseling on family planning, contraceptives (including emergency contraception), prevention of Sexually Transmitted Diseases, and Health Promotion issues.

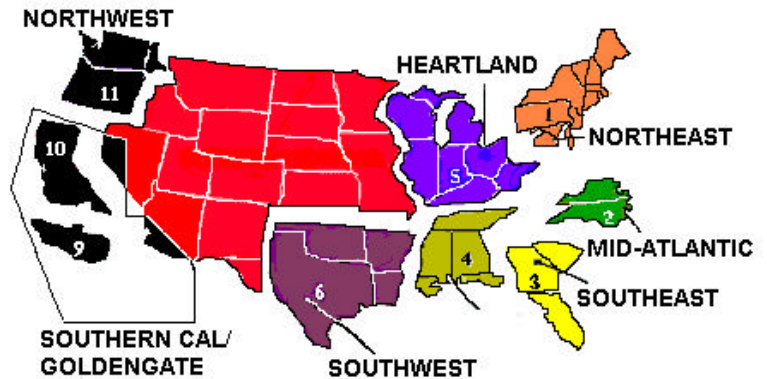
OPNAVINST 1500.22E tasks CNET to develop general military training (GMT) curriculum and education materials and distribute them to the fleet. FY00 topics include "Responsible Sexual Behavior". FY01 topics include "Sexually Transmitted Disease (STD) Education".

## SHARP Leadership

**SHARP Instructors** talk with our Sailors and Marines about sexual health. They have completed courses in Navy HIV policy and in HIV transmission and prevention, and have registered with SHARP.

**SHARP Community Leaders** are the local **advocates** and **coordinators** of sexual health education for Sailors and Marines. They **promote** the SHARP mission and SHARP products and **partner** with with local line and medical leaders, Command health promoters, volunteer instructors, preventive medicine and health promotion professionals, *Semper Fit* program managers, PPIP coordinators, indoctrination program coordinators, women's health programs, and other community leaders and groups.

**SHARP Area Coordinators** are regional advocates and coordinators of sexual health education for Sailors and Marines. They promote the SHARP mission and SHARP products and support SHARP Community Leaders and others who are working to educate our people about STDs, HIV, and unplanned pregnancy.



SHARP is organized into these Geographic Areas:

<u>Area#</u>	<u>Area Name</u>
1	Northeast
2	Mid-Atlantic
3	Southeast
4	GulfSouth
5	Heartland
6	Southwest
9-10	Southern Cal -Golden Gate
11	Northwest
12-13	Hawaii-Pacific
14	Latin America
15	Europe

A current index of SHARP Area Coordinators and Community Leaders is available on-line at [http://www-nehc.med.navy.mil/downloads/hp/sharp\\_leaders.pdf](http://www-nehc.med.navy.mil/downloads/hp/sharp_leaders.pdf)

## **SHARP Leader Support**

SHARP conducts a quarterly **video teleconference** for SHARP Leaders for networking and problem solving. To arrange your participation, your local VTC Coordinator may contact the NEHC VTC Coordinator, Diana Canals, at (757) 462-5509; DSN 253-5509; Fax (757) 444-3672; canalsd@nehc50.med.navy.mil To attend **audio-only**, inform Ms. Canals before the day of the meeting, then phone NEHC at (757) 462-5507 just prior to the meeting start time. Meeting announcements, agendas, and meeting minutes are sent by e-mail to all SHARP Area Coordinators and SHARP Community Leaders. Videotapes of the teleconference may be mailed upon request to interested SHARP leaders who are unable to connect or attend.

**Commercial education materials** are periodically sent to SHARP Area Coordinators for instructor support. Examples of these educational materials are Channing-Bete **STD brochures** bearing the SHARP logo, posters, and other promotional items.

SHARP also offers a **videotape loaning service**.

## **Marketing SHARP and Sexual Health Education**

**SHARP Community Leaders** are encouraged to speak with local line and medical leaders, Command health promoters, volunteer instructors, preventive medicine and health promotion professionals, *Semper Fit* program managers, PPIP coordinators, indoctrination program coordinators, women's health programs, and other community leaders and groups.

There are ready-to-use products that can help you promote SHARP within your community. Some of these are:

SHARP **overview PowerPoint lecture** is a fully-scripted description of the program which is available for downloading from the SHARP website. It can also be sent to you by SHARP attached to an e-mail or on a compact disk (the "SHARP Toolbox").

SHARP Program **overview brochure**, is a tri-fold you can get from the same sources as the PowerPoint lecture. These may help you increase awareness and understanding of SHARP among your local leaders.

A **course fact sheet** for the Fundamentals of HIV-STD Prevention Counseling Course taught by SHARP is also available. It can be downloaded from the SHARP website.

**SHARP Stakeholders Report** summarizes the FY00 mission, progress, products, and plans for SHARP. It's also available on-line at the SHARP website.

**SHARP Training Visit Information Sheet** explains the training courses SHARP can offer during a visit to your location, and how you can set up a visit. This is also available on-line at the SHARP website.



## Education Data Collection and Reporting

To measure compliance of Navy Commands with SECNAVNOTICE 5300, SHARP initiated a voluntary effort in which Area Coordinators are asked to collect education data from SHARP Community Leaders or SHARP Instructors.

SHARP Instructors' Report Instructors may use this format to report data to SHARP Leaders		
Instructor Name /Phone:		
Reporting Period (Qtr/Yr):		
date of lecture	Primary Purpose a=1 hr all hands b=AIDS in Workplace c=liberty brief d=other	audience size
SHARP Area/Community Leaders' Report SHARP Leaders are asked to report data in this format to SHARP		
SHARP Area:		
Reporting Period (Qtr/Yr):		
Primary Purpose	total events/classes	total audience size
1 hr all hands / GMT		
AIDS in the Workplace		
liberty briefings		
other classes / lectures		

Leaders are asked to e-mail a consolidated report for their Area to NEHC SHARP (macdonaldb@nehc.med.navy.mil) quarterly, by the 15th day of January, April, July, and October.

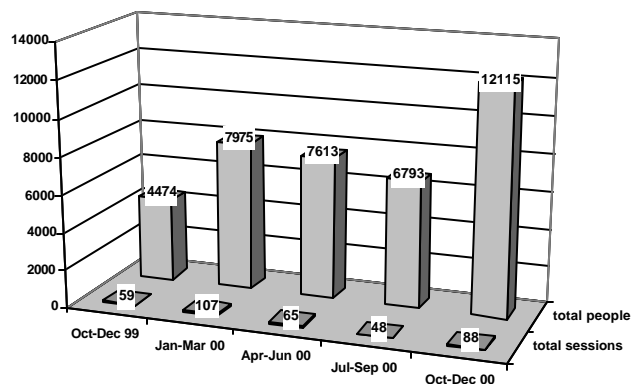
Please use the format shown here. Data may be sent in excel, word, or by fax or phone.

In addition to the mandatory 1-hour / GMT briefings provided to active duty Sailors and Marines in compliance with SECNAVNOTICE 5300, we request this form also be used to report other sexual health and HIV prevention education encounters. These might include liberty briefings, AIDS-in-the-workplace lectures, and similar briefings presented to schools, drug rehabilitation groups, workplace-specific audiences, etc.

Area Coordinators are asked to e-mail a consolidated report for their Area to SHARP (<mailto:macdonaldb@nehc.med.navy.mil>) **quarterly**, by the **15<sup>th</sup>** day of **January, April, July, and October**.

*Please note that the **Red Cross** has separate (additional) reporting requirements for Red Cross-qualified instructors seeking to document their lectures for the purpose of Red Cross Instructor qualification and other Red Cross uses.*

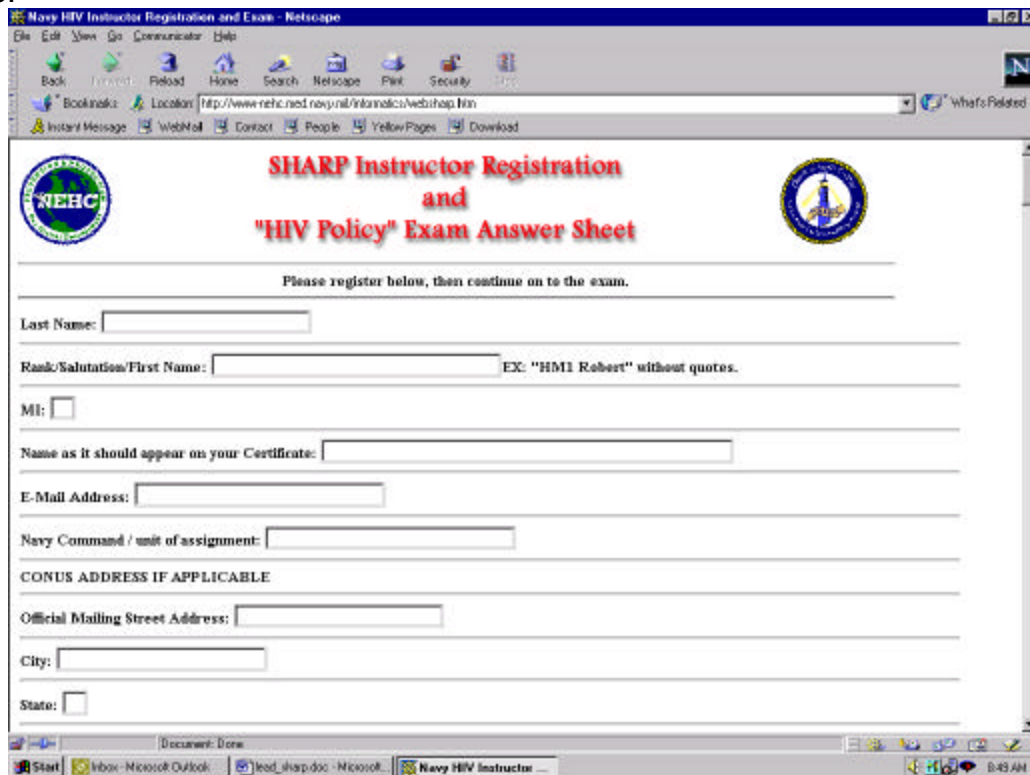
**SHARP Education Reported: Oct 99 - Dec 00**  
All SHARP Areas, All Session Types



## SHARP Instructor Registration and Education

Anyone can speak to Sailors and Marines about sexual responsibility. But to help our people increase their confidence and competence, SHARP offers a "SHARP Instructor" registration and self-study training service.

The SHARP Instructor registration process can be completed on-line at the SHARP website.



SHARP encourages professional growth and supports continuing education in the field of sexual health by offering a variety of courses each with a differing focus. While any course will suffice for the basic training component to become a SHARP Instructor, SHARP encourages individuals to complete as many courses as possible. A Certificate of Completion is offered for every SHARP course and Continuing Education Credits may be available for a specific course.

There are 3 requirements to become a registered SHARP Instructor:

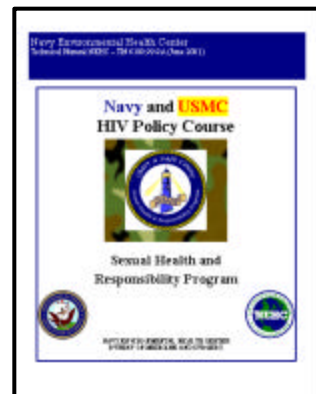
1. Complete the SHARP "HIV Policy" self-study course.
2. Complete the registration form and "HIV Policy" examination answer sheet (contained in the registration form).
3. Complete basic training in the field of sexual health. This requirement is satisfied through one of the two options:
  - Completion of a SHARP sponsored course **or**
  - Training as MD, EHO, PMT, IDC, or nurse.



## SHARP Products and Services

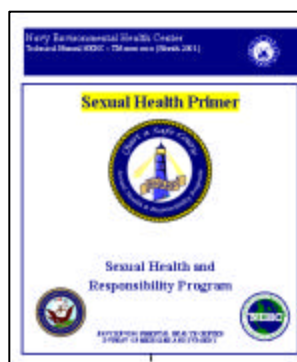
### SHARP Instructor Training Sources

**Navy and USMC HIV Policy** (previously known as “Navy HIV Instructor Course”) explains DoD and DoN policy regarding HIV. This course and the examination are available on the SHARP web site at <http://www-nehc.med.navy.mil/hp/sharp/education&training.htm>. SHARP issues a certificate of training to each person who completes the 38-question exam.



**SHARP's Sexual Health Primer** includes the impact of STDs and

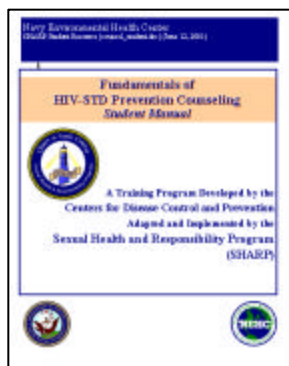
unplanned pregnancy, Risk Assessment and Risk Reduction Counseling – Guidance and Training for Health Care Providers, “SHARP Facts” Fact Sheets on STDs; unplanned pregnancy; HIV testing; options for risk reduction; male and female condoms; talking to teens about sexual responsibility; and family planning. This course is available on the SHARP website. SHARP issues a certificate of training to each person who completes the 40-question exam.

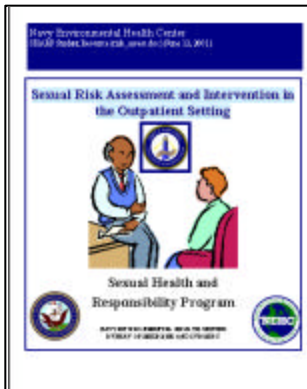


**SHARP's “HIV-AIDS Facts Quiz”** is a resource and self-study course for health care professionals, including Nurses, Physicians, Preventive Medicine Technicians, Independent Duty Corpsmen, and Environmental Health Officers. These registered SHARP instructors receive a copy of the American Red Cross **Facts Book** to help them answer, in a culturally sensitive, non-judgmental way, the HIV-AIDS questions people in their community are likely to ask. SHARP issues a certificate of training to each person who completes the 50-question quiz.



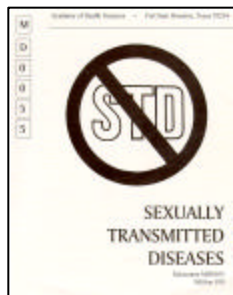
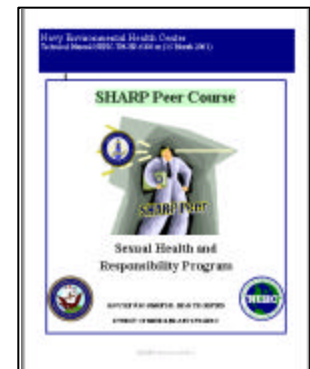
**Fundamentals of HIV-STD Prevention Counseling** is a 2 day course for physicians, nurse practitioners, physician assistants, clinical and DoDDS school nurses, Preventive Medicine Officers and Technicians, Environmental Health Officers, Independent Duty Corpsmen, health promoters, and family service counselors – people tasked to counsel individual Sailors and Marines regarding sexual behavioral risk reduction. Based on Project RESPECT, a study which meets CDC's HIV/AIDS Prevention Research Synthesis project criteria for relevance and methodological rigor and also has positive and significant behavioral/health findings. Continuing education credit is awarded.





**SHARP “Sexual Risk Assessment and Intervention in the Outpatient Setting”** – this 1 hour lecture targets health care providers. It introduces data about the HIV, STD, and unplanned pregnancy epidemics and research data which indicates that providers often miss opportunities to discuss sexual health with their clients. The Project Respect 6-step client-centered counseling model is introduced, and role plays are used to demonstrate “typical” and “model” brief interventions with a patient.

**SHARP Peer Educator Course (coming soon)** – this 2-day course prepares Sailors and Marines to provide 1-hr, small-group, education sessions for their fellow Sailors and Marines. The Peer Educator manual includes a numbers of interventions to select from, such as sexual risk-reduction, unplanned pregnancy prevention, etc.



Navy people can also enroll in the **US Army “Sexually Transmitted Disease”** correspondence course. This one-volume self-study course is available at no cost. SHARPNews Vol 2 No 10 contains a fax-ready enrollment form and more information. You’ll find a link to it on the SHARP website at <http://www-nehc.med.navy.mil/hp/sharp/shrpnws.htm>.

**American Red Cross HIV Instructor Course** –This training is conducted by American Red Cross Chapters. Students learn the facts about HIV and AIDS and learn how to conduct educational sessions for groups. Cost and availability vary somewhat by location. Contact your local Red Cross Chapter HIV/AIDS Training Coordinator for training opportunities in your area. A complete list of Red Cross Chapters is available on line at <http://www.redcross.org/hss/swan.html>.



## SHARP Website.

This website features pertinent DoD, Navy, and USMC directives, CDC guides, links, downloadable courses, instructor registration, and the many SHARP products. Among these products are SHARPFacts, SHARPNews, SHARPClips, STD-HIV guidelines, STD photos, and ready-to-use lectures.

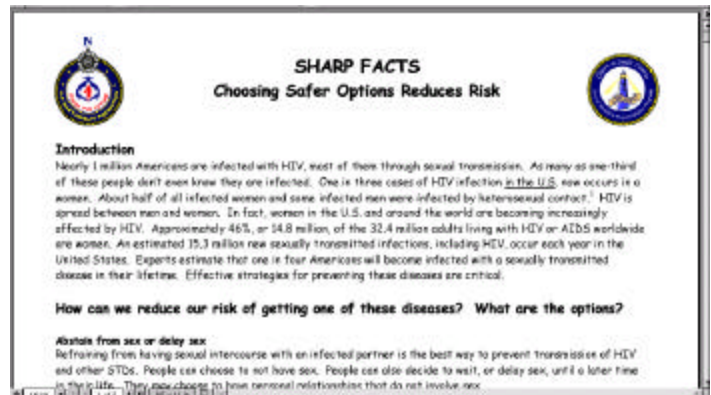


The SHARP website address is: <http://www-nehc.med.navy.mil/hp/sharp/>  
(Notice the “-“ between “www” and NEHC)

**SHARPFacts** are 1 page (double sided) **fact sheets** on STDs, HIV, condoms, and family planning. They provide basic, evidence based information on these subjects. Health promoters and educators can download and use these files to print low-cost, high-quality brochures for distribution to DoN people.

### Topics include:

Sexually Transmitted Diseases (STDs)  
Chlamydia  
Genital Herpes  
Syphilis  
Pregnancy and STDs  
HIV Infection and AIDS  
Testing for HIV  
HIV Frequently Asked Questions  
Condoms and Their Use in Preventing HIV and STDs  
Family Planning  
Female Condoms  
Human Papillomavirus  
Talking to Teens about Sexual Responsibility  
Gonorrhea  
Choosing Safer Options Reduces Risk  
Trichomoniasis  
Bacterial Vaginosis  
Oral sex



**SHARPNews** is a regularly published **newsletter** updating SHARP Instructors, health promoters, health educators, preventive medicine technicians, and other health staff regarding SHARP issues and other prevention news. The newsletters are posted on the SHARP website with full color and graphics and are distributed to subscribers through a listserver (text only version). Everyone who registers as a SHARP instructor is force-subscribed to the newsletter by the SHARP staff. Others may subscribe on-line at the SHARP website.



**SHARP Clips** are provided in MS Word Format from the SHARP website and are disseminated electronically through the SHARPNews list server. These **articles** are adapted from multiple media sources, and are intended to assist local commands/communities with their HIV/STD prevention activities and health promotion programs for use in articles in local newsletters, bulletins, or other appropriate dissemination sources.

**Ready-to-Use Presentations.** These are fully scripted Powerpoint lectures on the SHARP Program. They include:

“AIDS in the Workplace”, which covers the transmission and legal aspects of HIV in the workplace.

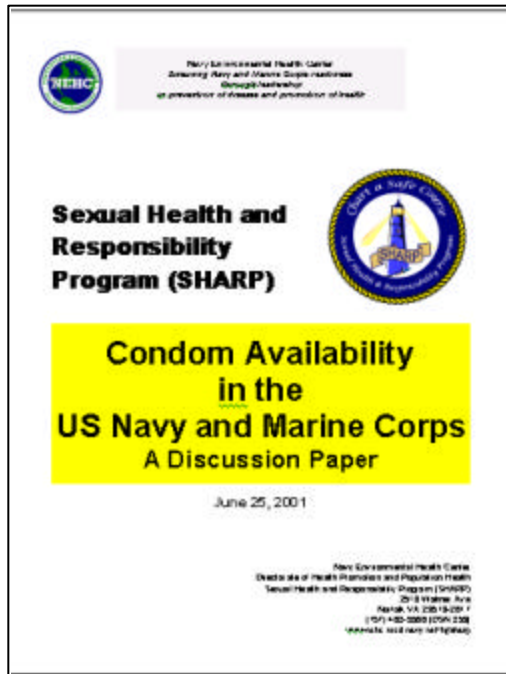
“Your Sexual Health” lecture for all-hands education, which covers the transmission and prevention of STDs, HIV, and unplanned pregnancy.

“HIV Seroconversion in Active Duty Sailors and Marines”, which includes data on the number and rate of HIV infections among active duty Sailors and Marines.

“SHARP Program Overview” provides the information needed to help you explain the SHARP mission, vision, goals, products and services.



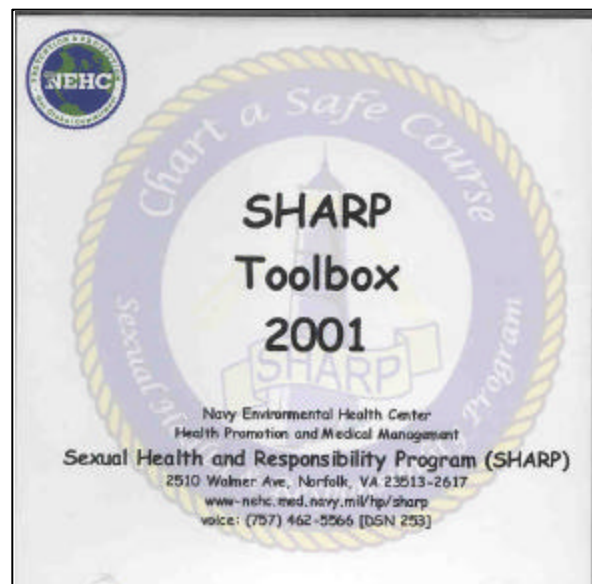




## Monograph – Condom Access in the Navy and USMC.

This document is useful when communicating condom-use and condom access with leaders. The document emphasizes that although either abstinence from sexual intercourse or sexual activity within a mutually monogamous relationship is the most effective means of preventing sexually transmitted diseases, proper use of latex condoms can reduce the risk of contracting STDs among individuals who are sexually active but not in a monogamous relationship, and that increasing the availability of condoms is an important component of a comprehensive prevention strategy that supports STD/HIV and unplanned pregnancy prevention efforts. It's available from the SHARP website.

**SHARP Toolbox 2001.** The SHARP Toolbox 2000 (and now 2001) compact disk is sent to every newly registered SHARP Instructor. The Toolbox makes SHARP products available to people without web access, particularly to support fleet activities, and provides a media for distributing products which are too large for web downloading. This CD includes all of the SHARP products and resources found on the SHARP website, plus the CNET-developed film and lesson training guide *Sexual Responsibility*, and the *STD-HIV Intervention Program* ("SHIP") developed by the Naval Health Research Center. SHARP continually updates its products, resources, and references as new and better information becomes available. These updates are conveniently posted on the SHARP web page, in a link called "Toolbox Updates". SHARPNews subscribers are kept informed of the updates through newsletters.



## ***SHARP – “Chart a Safe Course”***